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HEART RATE MONITOR

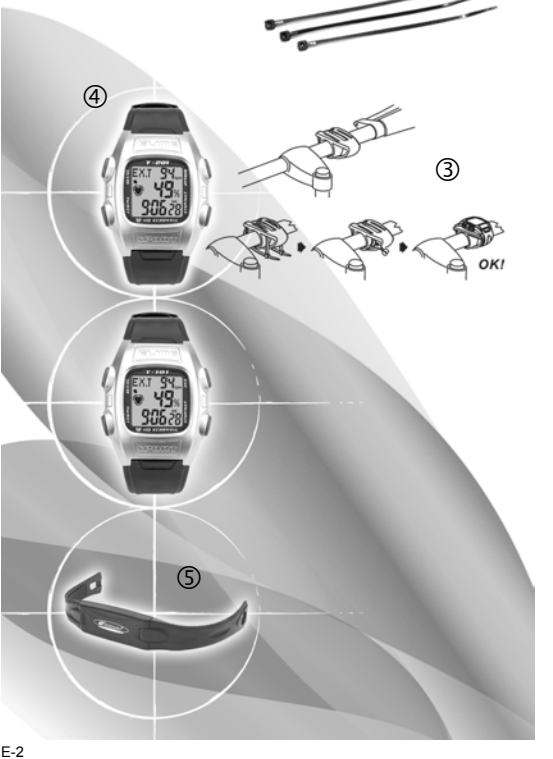
T-SERIES (T101/201)

USER MANUAL

T-101/T-201 PARTS

Your PULSPORTS consists of four parts:

1. ELASTIC STRAP
2. Cable Ties X 3
3. BRICKET FOR BICYCLE
4. T-101/ T-201 MAIN
5. TRANSMITTER

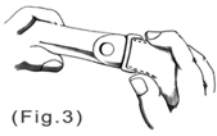


INSTALLATION

How to wear the chest belt?

(Fig.1)

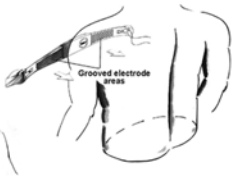
(Fig.2)



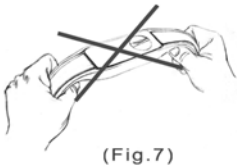
(Fig.3)

(Fig.4)

(Fig.5)



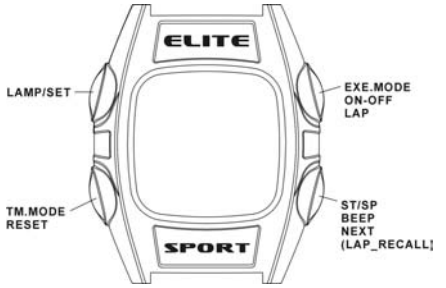
(Fig.6)



(Fig.7)

1. Fasten the fastener at one end, put the chest belt on your chest and loosen the stretch band. **(Fig. 1, 2 and 3)**
2. Adjust the length of the stretch band until you feel conformable, but the stretch band must cling to the chest; then fasten the fastener at the other end. **(Fig. 4)**
3. Adjust the sensor to the center of your chest and be sure the backside of the sensor is clings to your chest and touches the skin. **(Fig. 5. 6)**
4. The chest belt has to be worn while using the heart rate function. The distance transmission should be less than 1 meter (3 feet).
5. Do not bend or fold the chest belt to preventing damage. **(Fig. 7)**

KEY OPERATION



BASIC KEY OPERATIONS

- **SET** Hold 2 seconds to enter data setting mode.
- **T.MODE** Change watch function group.
- **E.MODE** Change pulse function group.
- **ST/SP** Start/Stop
- **LAMP** EL Light (light 3 seconds for each press).
- **BEEP** Hold 2 seconds to on/off chime and key beep.
- **LAP** Record Lap data.
- **LAP_RECALL** Record Lap data review.

DATA SETTING KEY OPERATIONS

- **SET** Press to quit data setting.
- **T.MODE** Press to increase the value.
  Hold to increase the value automatically.
- **E.MODE** Press to change the setting value.
- **ST/SP** Press to decrease the value.
  Hold to decrease the value automatically.

FIG. A) TIME MODE CIRCULATION

IN TIME MODE FUNCTIONS: Press the T.Mode button can change the LCD to the next screen

T101:

MON ► TMR ► ALM ► CHR ► DAT

T201:

MON ► TMR ► ALM ► LAP ► LPR ► DAT

FIG. B) T-Z MODE CIRCULATION

IN PULSE MODE FUNCTIONS: Press the EXE.Mode button can change the LCD to the next screen.

T101:

T-Z ► STW ► EXT ► MAX ► USR ► AVG

T201:

T-Z ► STW ► CAL ► EXT ► WTL ▼ FTL ◄ MAX ◄ USR ◄ AVG

FIG. C) DATA SETTING PROCESSES

1. Press E.MODE to change the setting valua.
2. Press T.MODE to increase the value, hold to increase the value automatically.
3. Press ST/SP to decrease the value, hold to decrease the value automatically.
4. Press SET to complete setting and quit.

PULSPORTS FUNCTIONS

WATCH FUNCTIONS

1. ***CLOCK:*** 12/24-hour, date, day of week display.
2. ***DATE:*** Year, Month, Date, 2000-2099.
3. ***COUNTDOWN TIMER:*** Countdown timer from 00H00M00S to 99H 59M59S.
4. ***ALARM:*** Beep alarm, 3 sets available.
5. ***LAP:*** Record 30 sets data. ***(T-201 Only)***
6. ***LAP RECALL:*** Recall data (30 sets). ***(T-201 Only)***
7. ***CHRONOMETER:*** Stopwatch from 00M00S.00 to 99M59S.99. ***(T-101 Only)***
8. EL backlight.
9. ***CHIME & Key beep:*** Chime and key beep function.
10. Low battery power indicator.
11. Water resistant (3 ATM).

HEART RATE FUNCTIONS

1. Display the current heart rate (HR).
2. ***DIGITAL INTENSITY:*** Calculate your Heart beat intensity (current HR ÷ Max. HR × 100%) automatically according to your personal data input.
3. ***TARGET ZONE:*** Target Zone setup for intensity which has 6 sets.
4. ***STW:*** Stop watch 00H00M00S to 99H59M59S from the heart rate data record function start.
5. ***CAL:*** Calculate expended calories during exercise (0 to 9999.99 Kcal) according to your personal data input. ***(T-201 Only)***
6. ***EX.T:*** Calculate exercise time while the heart rate is over the lower limit of a preset target zone.
7. ***WT.L:*** Calculate weight lost from exercise (0 to 9999.99g) according to your personal data input. ***(T-201 Only)***
8. ***FT.L:*** Calculate fat lost from exercise (0 to 9999.99g) according to your personal data input. ***(T-201 Only)***
9. ***MAX:*** Maximum HR during exercise (40 to 240 bpm).

10. ***USR:*** User data setup, age (5 to 99), weight (10 to 199 kg or 10 to 499lbs.), sex and ***personal maximum heart rate for intensity calculate*** (100bpm to 220bpm).
11. ***AVG:*** Average HR during exercise (40 to 240 bpm).

• bpm (beaps per minute) 40 to 240.

WATCH FUNCTION DESCRIPTIONS

CLOCK MODE

1. 12H or 24H switchable.
2. Turn Chime and Key beep function On/Off by press ST/SP 2 seconds. The "((•))" symbol display means Chime and Key beep function on.
3. ***Clock setting:***
   a). Press T.MODE to change to " **CLOCK** " mode.
   b). Press SET 2 seconds to enter clock setting mode.
   c). Press E.MODE to change the setting value.
   d). Press T.MODE to increase the value, hold to increase the value automatically.
   e). Press ST/SP to decrease the value, hold to decrease the value automatically.
   f). Press T.MODE or ST/SP to select 12H or 24H mode.
   g). Press T.MODE or ST/SP to reset the seconds to " 00 ".
   h). Press SET to complete setting and quit.

Setting sequence:

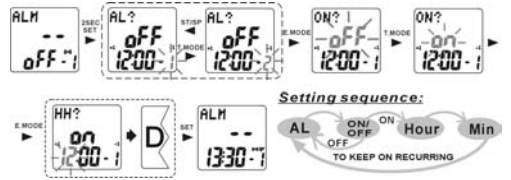
Countdown timer mode

1. Press ST/SP to start/stop countdown timer.
2. There will be a 10 seconds beep when the function is completed, and **OVEr** will display on the LCD.
3. Stop beep and reload pre-set data by pressing any key.
4. Reload pre-set date at any time by pressing T.MODE 2 seconds.
5. Maximum range for countdown timer is 99H59M59S.
6. ***Countdown timer setting:***
   a). Press T.MODE to change to "**TMR**" mode.
   b). Press SET 2 seconds to enter countdown timer setting mode.
   c). Press T.MODE or ST/SP to set timer On or Off.
   d). Refer the ***Data Setting Processes*** to adjust the Timer data.

Setting sequence:

Alarm mode

1. Press ST/SP to change alarm sets (1 to 3).
2. The "🔔" symbol will display after alarm setup.
3. The alarm is a 30 seconds beep, the "🔔" symbol will blink.
4. Stop the beep by pressing any key.
5. Take note of the time mode you have selected 12H or 24H.
6. ***Alarm setting:***
   a). Press T.MODE to change to "**ALM**" mode.
   b). Press SET 2 seconds to enter alarm setting mode.
   c). Press T.MODE or ST/SP to select setting alarm.
   d). Refer the ***Data Setting Processes*** to adjust the Alarm data.
   e). Press T. MODE or ST/SP to set ALARM ON/OFF.
   f). Repeat steps **c).** to step **e).** to set the other alarm data.

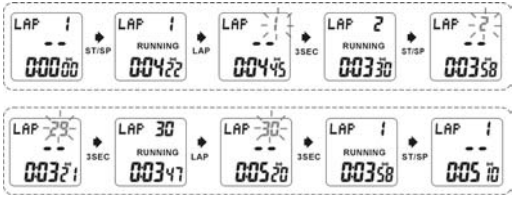


Date mode

1. Calendar from the year 2000 to 2099.
2. Day of week will display automatically while the date is input.
3. ***Date setting:***
   a). Press T.MODE to change to "**DAT**" mode.
   b). Press SET 2 seconds to enter date setting mode.
   c). Refer the ***Data Setting Processes*** to adjust the Date data.

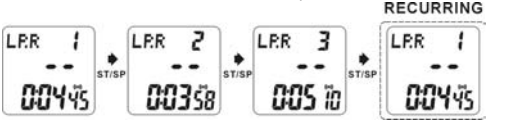
Lap mode (30SETS) (T-201 Only)

1. Press T.MODE to select " **LAP** " mode.
2. Press ST/SP to start/stop Lap function.
3. The lap mode can record 30 sets data.
4. It will overwrite when record data over 30 sets.
5. Press LAP to record current lap data and start next lap data.
6. When press LAP, the record data will hold 3 seconds for user to read it.



Lap Recall mode (30SETS) (T-201 Only)

1. Press T.MODE to change to " **LP.R** " mode.
2. Press ST/SP to recall the record data, hold to increase automatically.
3. Press T.MODE 2 seconds to clear all lap data.



Chronometer mode (T-101 Only)

1. Press ST/SP to start/stop chronometer.
2. Press T.MODE 2 seconds to reset chronometer data.
3. **Maximum range is 99M59S.99.**

HEART RATE FUNCTION DESCRIPTIONS

1.Start /Stop heart rate measure function

1. Press E.MODE 2 seconds to start heart rate measurement function.
2. When the function is operating, the LCD will display the signal as follow:
3. Press E.MODE 2 seconds to stop heart rate measurement function.
4. If a signal is not received for 5 minutes, the function will turn off automatically.

2. Start/Stop heart rate data record function

1. Press E.MODE 2 seconds to start heart rate measurement function.
2. Press E.MODE to change to "**STW**" function.
3. Press ST/SP, the signal shown as "♥" at the middle of the display will change to "♥", it means the data record function is started. Stop by pressing ST/SP, the signal will change to "♥".
4. "**AVG**", "**STW**", "**CAL**", "**EX.T**", "**WT.L**", "**FT.L**" and "**MAX**" functions will only work while the record function is on. ***(CAL, WT.L and FT.L T-201 Only)***
5. "**CAL**", "**WT.L**" and "**FT.L**" mode will be calculated when the heart rate is equal or over 90 bpm. ***(CAL, WT.L and FT.L T-201 Only)***

3. Reset heart rate record data

1. Press E.MODE to change to "**STW**" mode.
2. Press T.MODE 2 seconds to clear the record data.

4. Heart rate display descriptions

1. Intensity = (Current heart rate/Maximum heart rate) × 100%.
2. Range of heart rate measurement is from 40 bpm to 240 bpm.

5. Newest Design: Change Display for BPM and %HR

1. When heart rate measure function starts, you can press T.MODE and E.MODE simultaneous to change display position of "**BPM**" and "**%HR**" Digital intensity to fit your need.

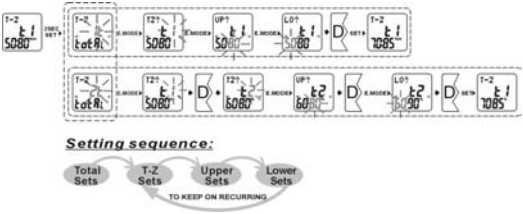
2. When the function is operating, the LCD will display: like above.

6. Target zone mode T-Z

Setup the target zone by entering the percentage of maximum heart rate. Maximum heart rate based on the data you input.

1. Press ST/SP to change to next target zone set.
2. "▲" and "▼" will not display when the heart rate within the target zone. (No Beep sound)
3. "▲" will display when the heart rate is **below** the lower limit of the target zone. (Beep should sound).
4. "▼" will display while the heart rate is **above** the upper limit of target zone. (Beep should sound).
5. ***Target zone setting:***
   a). Press E.MODE to change to " **T-Z** " mode.
   b). Press SET 2 seconds to enter target zone setting mode.
   c). Press T.MODE or ST/SP to select how many sets target zone you want.
   d). Refer the ***Data Setting Processes*** to adjust the Target zone data **(Refer Fig .D)**.

Fig. D) Digital intensity target zone program setting



7. Stop - watch mode STW

1. Stop-watch will auto calculate when heart rate data record Function start.
2. The range is from 00H00M00S to 99H59M59S.

8. Calorie mode CAL

1. Calculates the calories expended for the whole exercise process, not only from exercise.
2. Males expend more calories than females at the same heart rate, likewise, the female heart rate will be higher than male heart rate doing the same amount of exercise.
3. Calories consumption will be affected by Heart rate, sexuality, weight and type of exercise.
4. The unit for calories is Kcal.
5. The range is from 0 Kcal to 9999.99 Kcal.

9. Exercise time mode EX.T

1. Calculation and recording the exercise time starting when the heart rate over the lower limit of the target zone.
2. Total efficient exercise time will be recorded, including the time in and above the target zone.
3. The exercise time records ranges from 00H00H00S to 99H59M59S.

10. Weight loss mode WT.L

1. Caluates the weight loss during exercies (Including the consumption.
   of carbohydrates and fat).
2. Range of weight lose from 0 to 9999.99 g.

11. Ft.los mode FT.L

1. Calculates the weight of fat lost during exercise.
2. The actual weight of fat lost from exercise can be important, and it is a valuable reference of weight loss.
3. The range of fat loss is from 0 to 9999.99 g.

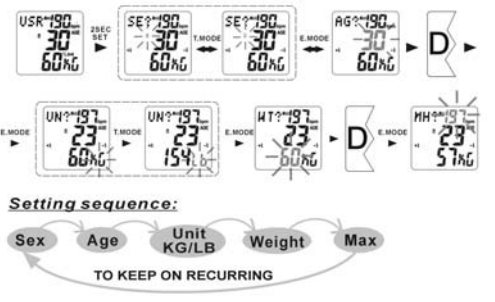
12. Maximum mode MAX

1. Monitors and records the maximum heart rate during exercise.
2. The range of maximum heart rate is from 40 to 240 bpm.

13. User date mode *USR*

1. Enters the data for sexuality, age, weight and **personal maximum heart rate of user.**
2. Personal data is an important reference for calculating the consumption of calories.
3. *You can input maximum heart rate depends of your physical situation. From 100bpm to 220bpm.*
4. Range of age is from 5 to 99.
5. Units of weight: **kg from 10 to 199**
   lb from 10 to 499
6. ***User data setting:***
   a). Press E.MODE to change to " **USR** " mode.
   b). Press SET 2 seconds to enter user date setting mode.
   c). Press E.MODE to change setting mode.
   d). Press T.MODE or ST/SP to change Sexuality: male or female.
   e). Press T.MODE or ST/SP to change Age.
   f). Press T.MODE or ST/SP to change Weight Units: kg or lb.
   g). Press T.MODE or ST/SP to change Weight data.
   h). Press T.MODE or ST/SP to change heart rate maximum. **(100 to 220 bpm)**
   i). Refer the ***Data Setting Processes*** to adjust the User data. **(Refer Fig E)**

Fig. E) USER DATA SETTING



14. Average mode *AVG*

1. Calculates the average heart rate during exercise: using this value we can tell if the cardiopulmonary condition has improved for the same intensity of exercise.
2. The range of average is from 40 bpm to 240 bpm.

PRECAUTIONS

1. Take care of you chest belt. Wash the chest belt by suds, then flush out with water. Let it dry it naturally, avoiding putting the chest belt under the environment of high temperature or touching the corrosive as strong acid or alkalis material.
2. Wetting the skin, where will contact the conductive area of the chest belt will improve the conduction and get more stable signal.
3. The physical condition of individual might effect the intensity of measured signal.
4. Avoiding using the heart rate monitor close to trolley car, tram stop, transformer, electric substation and high-tension distribution line etc. Because the radio signal will be affected under the environment as high voltage and strong magnetic field.
5. Although the water resist of this watch has been approved as 30 meter, but please do not operate any button of the watch under water. This watch is not designed for diving.
6. Battery can be used for 1 year according to daily use for 2 hours. Please change the battery by watch shop, and do not break the watch down by your own.

SPECIFICATIONS

ELITE T-101/T-201 Pulse Transmitter:

- Battery type: CR2032
- Battery life: Average 1300 hours.
  (You can change the battery by yourself.)
- Operating temperature: 0°C~50°C (14°F~122°F)

ELITE T-101/T-201 Pulse Wrist Receiver:

- Battery type: CR2025
- Battery life: About 1 year.
- Operating temperature: 0°C~50°C (14°F~122°F)
- Water resistance: 3 ATM